



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—May 2024

202-441-0963



Happy
**Mother's
Day**

Listen to WPFW 89.3 FM—Every Saturday from 6 am-8 pm

Saturday, May 4, 2024	Saturday, May 11, 2024	Saturday, May 18, 2024	Saturday, May 25, 2024
10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/Rodney In-person
10:00 am Healthy Vision Month Resources 10:00am -2:00pm	10:00am –11:00 am Stoke Awareness Month Trip: 11:00am-2:00pm Eastern Market Farmer’s & Flee Market HAPPY MOTHER’S DAY	10:00am-11:00am Celebrate Older Americans Month 2024 Trivia 10:45 am Trip: Walmart– Riggs Rd Store	10:00 am Sport Wear & Fitness Foot Wear 10:45am –2:00 pm 11:00am Trip: Safeway —14th Street Store Capitol Hill
10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH
12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games



RFSC Weekend Nutrition Program
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Nutritionist
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Community Dining Site Aide

